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Tuesday, February 8, 2011  
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**SO NOT CHANDLER  
MATTHEW PERRY  
INTRODUCES HIS NEW  
CHARACTER** {page 12}



**STILL BURNS  
VANCOUVER'S  
GAMES, A YEAR  
LATER** {page 4}



VANCOUVER

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Tuesday, February 8, 2011  
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News worth sharing.

# Track concerns first raised in '09

► Nodar Kumaritashvili, 21, died during training run on Whistler track ► VANOC CEO reveals in his memoir that luger's family received \$150K insurance payout  
► He also delivered \$25K to the family himself when he attended funeral in Georgia



RICHARD HEATHCOTE/GETTY IMAGES

► Nodar Kumaritashvili of Georgia is seen during a training run at the Whistler Sliding Centre ahead of the Vancouver 2010 Winter Olympics.

The father of a Georgian luger killed on the first day of the 2010 Olympics is angry that Vancouver officials didn't act on their own concerns about the luge track's safety.

In the aftermath of Nodar Kumaritashvili's death, both luge officials and Olympic organizers maintained they believed the track was safe.

But internal emails released yesterday

disclose that the chief executive officer of the Games raised concerns almost a year earlier that athletes could be injured "or worse" at the Whistler Sliding Centre.

But since International Luge Federation officials didn't demand changes to the track, nothing was done.

David Kumaritashvili told The Associated Press yesterday that the organizing committee's failure to take action led to

the death of his son.

"I am indignant that they were aware that the track was dangerous and failed to make it safer. They did not take any measures. And that led to the death of my son," he said.

"And only his death prompted them to take the necessary measures. As I already not once said, maybe his death helped to save other lugers' lives." **THE CANADIAN PRESS**

Sled dog slaughter

## Outdoor Adventures owner speaks

► Boss accepts 'moral responsibility' for cull of dogs {page 3}



## Fighting eating disorders

Almost a million Canadian women suffer {page 15}

## Singer's ego is gnome-sized

Elton John relishes self-deprecating jokes {page 10}

## Make it six wins in a row

Canucks beat cellar-dwelling Sens to extend streak {page 22}

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► A sled dog is pictured Saturday at a kennel operated by Outdoor Adventures Whistler.

# Owner takes 'moral responsibility' for cull

► Outdoor Adventures Whistler boss breaks silence over incident ► Houssian learned details of alleged dog massacre last week ► Says he shares community's feeling of sadness, anger, disbelief



**MATT KIELTYKA**  
@METRONEWS.CA

The owner of Outdoor Adventures Whistler says he feels a "sincere moral responsibility" for the cull of 100 sled dogs last year.

Joey Houssian, an established businessman in the Whistler community, broke his silence and did a limited number of interviews yesterday.

He told Metro he was shocked to read — for the first time last week — the gruesome details of the alleged slaughter at subsidiary Howling Dog Tours in April 2010, which is now the subject of a joint SPCA/RCMP in-

vestigation and worldwide headlines.

"I feel a sincere moral responsibility for what happened here," Houssian said. "When I read (the Workers' Compensation Board report into the incident), I was just in complete shock. It never went away. I understand people's response to this. I understand the shock and anger, I felt that as well."

Houssian's company didn't directly take over control of Howling Dog until after the incident, and he said he believed any euthanizations there were being handled humanely.

He still has trouble digesting the contents of

the WCB report, which went public Jan. 31 through the media.

According to the report, an employee of Howling Dog Tours — now identified as general manager Robert Fawcett — killed 100 dogs over a two-day period.

Fawcett, who claimed to suffer from post-traumatic stress disorder after the ordeal and was awarded compensation, described the scene as a "nightmare."

Dogs were shot in plain sight of each other, causing panic among the pack, the report says. The document details how it took multiple attempts to put down some of the

dogs, and Fawcett resorted to using a knife in some of the killings.

The sled dogs, deemed too old, sick or not fit for adoption, were then allegedly thrown in a mass grave.

"For me it's difficult to reconcile (details) with the man that I know," said Houssian. "(Fawcett) had a reputation as a world leader in the industry. A lot of people have speculated on Mr. Fawcett and the staff. These are good people who love their dogs."

After the report went public, the SPCA launched a criminal investigation into the deaths.

Outdoor Adventures

Whistler has shut down its dog sledding business in the meantime and Houssian — who recently invested in a new kennel and instituted an off-tether policy at Howling Dog since taking over — doesn't know if it will be reopened in the future.

"I feel at this time I have to pause and take a deep breath and re-evaluate before moving forward," he said. "I can't speak for the dog sled component, but we're not going anywhere. The week has been incredibly emotional for myself and the community. We're co-operating with the investigation and trying to piece this together."

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news



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Judge tells Church of the Universe members they're not exempt from marijuana laws. Video at [metronews.ca](http://metronews.ca)

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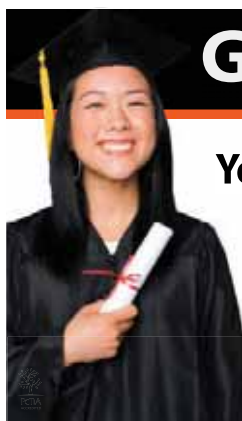
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# We've come a long way, baby!

## Olympic timeline



Grab a Metro tomorrow for Part 2 of our four-part Olympic anniversary series, where we'll be looking at the social, cultural and economic legacies of the 2010 Games.

## Timeline of events leading up to Games:

- Mid-90's Vancouver's bid to host the 2010 Games starts.
- July 2, 2003 Vancouver wins bid to host 2010 Olympics.
- Oct. 30, 2009 Torch relay begins in Victoria.
- Feb. 12, 2010 Torch ends up at B.C. Place for Opening Ceremonies.
- Feb. 28, 2010 Games end with impromptu street party and closing ceremonies.



► 2010 Torch bearers carry the Olympic flame in Vancouver.

JAMIE SQUIRE/GETTY IMAGES

## Vancouver Olympics: One Year Later

# Bilodeau reflects on gold medal

► Freestyle skier the first Canadian to win gold medal on home soil



KIMIYA SHOKOOCHI  
VANCOUVER@METRONEWS.CA

One year ago Alexandre Bilodeau was just another freestyle skier aspiring to win an Olympic medal.

But on Feb. 14, 2010, the Montreal native skied a near perfect run in the men's moguls finals and pocketed the first Olympic gold ever handed to a Canadian on home soil.

He became a national hero overnight.

"Since the Olympics my life has been definitely a lot busier," Bilodeau, 23, told Metro, speaking of months of post-Olympic promotional tours.

"I've tried all my life to gain that medal. Now that I have it, I can't really complain. You definitely adjust to it."

Bilodeau said he hasn't forgotten his own hero, his brother Frédéric, who was born with cerebral



Metro also caught up with snowboarder Maëlle Ricker and skeleton athlete Jon Montgomery to see how their lives have changed since winning gold medals in the 2010 Games. To read those stories, visit [metronews.ca/oneyearlater](http://metronews.ca/oneyearlater).

palsy and has defied the odds by continuing to walk — and ski — at 28.

Alexandre, the younger Bilodeau, is using the podium to lend a voice to the illness.

He sold his Vancouver skis to donate \$25,000 to the cause and spent much of the year advocating through the Canadian Association of Paediatric Health Centres.

"My message was not to help steer cerebral palsy, that's my cause," he said. "It's to encourage everybody that has a cause that is close to their hearts."



► Alexandre Bilodeau celebrates after winning gold in men's freestyle skiing at Cypress Mountain during the 2010 Games. He was the first Canadian athlete to win an Olympic gold on home soil.

ALEXIS BOICHARD/AGENCE ZOOM/GETTY IMAGES

## Five claims to fame

- Vancouver is the most populous city ever to hold a Winter Games.
- The torch relay route was the longest in Olympic history, travelling 45,000 kilometres over 106 days.
- Vancouver 2010 was the first winter Olympics in which hockey was played on an NHL-sized ice rink
- It was the first time ski

- cross was included in an Olympic Games.
- First time a Canadian won a gold medal on home soil.

## Twitter question:

Metro wants to know what was your favourite Olympic venue? Tweet us @vancouvermetro.



► Canada's women's hockey team celebrates their gold-medal win with beer and cigars.

JENNIFER GAUTHIER/FOR METRO FILE

## In Fashion at 2010 Olympics

PHOTOS  
1. MATTHEW STOCKMAN/GETTY IMAGES  
2. KRISTEN THOMPSON/METRO  
3. MATTHEW STOCKMAN/GETTY IMAGES  
4. JAMIE SQUIRE/GETTY IMAGES  
5. STREETER LECKA/GETTY IMAGES



- 1 American figure skater Johnny Weir made a name for himself because of his eccentric fashion sense. His Olympic outfits were part of the reason he's been dubbed the "Lady Gaga of figure skating."
- 2 The powers that be had no clue cheap red mittens — arguably the most iconic memorabilia of the 2010 Olympics — would send shoppers into a frenzy not seen since the Tickle Me Elmo days. Two million pairs were sold before the Games even started.
- 3 Russia's Oksana Domnina and Maxim Shabalin came under fire for wearing costumes "inspired" by native Australian culture. Australian aboriginal leaders referred to the routine as offensive.
- 4 The Norwegian Olympic curling team hurled their sport into the spotlight during the 2010 Games when they wore diamond-patterned pants designed by the same golf company that outfits John Daly.
- 5 Team USA's snowboard uniforms featured a plaid jacket and distressed denim pants, which got a lot of exposure every time Shaun White strapped into his bindings.



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NATALIE KAUR JOHAL/FOR METRO



► The winning bid for B.C. Place's sponsorship and naming rights will be announced in six to eight weeks. The company whose name is placed on the stadium will pay roughly \$2 million per year for 25 years for the privilege, said PavCo chair David Podmore.

## B.C. place set to open by end of September

► Whitecaps and Lions flipped a coin to see who would play first in newly renovated stadium

**NATALIE KAUR JOHAL**  
VANCOUVER@METRONews.CA

Construction of B.C. Place stadium is scheduled to be complete by Sept. 30, B.C. Pavilion Corporation (PavCo) announced yesterday.

"The plan is on budget and on schedule," said PavCo chair David Podmore.

The \$563-million revitalization project includes the installation of the largest cable-supported retractable roof of its kind.

Podmore admits that engineering of the stadium roof was tricky, but added that crews have not encountered major difficulties over the course of its reconstruction.

The roof alone will account for \$465 million of the stadium's revamp costs, while other money went to the refurbishment of existing facilities.

B.C. Place was initially slated to open this summer for the B.C. Lions and Vancouver Whitecaps but, PavCo decided not to open while under construction.

## SPCA seeks help after pup found at bus stop

A puppy was found whimpering and scratching inside a garbage bag left at a Maple Ridge bus stop, said B.C. SPCA investigators yesterday as they reached out to the public for more information.

The black-and-white puppy was a day old when it was found on Feb. 4 in a women's size 7½ Puma shoebox, placed inside the plastic bag and left under a bus stop at 207th Avenue.

Peanut, as she's now known, was rushed to Dewdney Animal Hospital where she was treated for hypothermia and seizures.

"We started feeding her every two hours but it had been so long since she had eaten her blood sugar level had dropped to the point of causing seizures," said Dr. Adrian Walton, the veterinarian who treated the puppy.



► Peanut was found abandoned in a woman's shoebox.

Peanut is now back at the SPCA's Maple Ridge Branch, being fostered by manager Mark Vosper.

"She is out of danger and she is now eating every four hours," said Vosper. "Meanwhile, we have launched a cruelty investigation and are seeking the public's help in

providing any information that may help us identify her owner or the whereabouts of any other puppies."

Walton expressed concerns that there could be more puppies from the same mother that are still in danger.

● NATALIE KAUR JOHAL

## Reporter could face more charges

More charges could be laid against Global TV reporter Ron Bencze, who's already accused of a number of child-sex counts.

At a hearing in Surrey court yesterday, Crown prosecutors said several children are still being interviewed. **THE CANADIAN PRESS**

## Body found in Warner Loat Park

A man out for a lunch walk in Warner Loat Park yesterday made a grisly discovery when he came across the body of a murdered woman. Police have closed the park and are searching with police dogs and a tactical troop. An autopsy will be conducted in the coming days.

**THE CANADIAN PRESS**

## Pedestrian who was hit by car dies

A 79-year-old man has died in hospital after being struck by a car at the intersection of Main and Keefer streets on Jan. 21.

The victim was struck as he was trying to cross the intersection against the flow of traffic.

He succumbed to his injuries over the weekend.

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# EU trade proposal could see drug prices skyrocket

► Longer wait times for generic drugs: Study ► Canada is EU's second largest trade partner after U.S.

Canada's generic drug makers are warning a proposed trade agreement with the European Union would add billions to prescription costs — but the federal government says it's far from a done deal.

A study for the generics industry predicted the proposal would cost Canadians \$2.8 billion a year by extending protection for drug patents and delaying the arrival of generics.

But International Trade Minister Peter Van Loan told the House of Commons yesterday that no such agreement exists.

The study was commissioned by the Canadian

## Drug costs

- The study found under the European proposal, the annual prescription drug bill in B.C. would jump by \$249 million.
- Ontario would be hit with a \$1.2-billion hike, while in Quebec it would amount to \$773 million.

Generic Pharmaceutical Association. EU proposals would lengthen the time of market exclusivity for brand-name drugs in Canada and delay access to generic drugs by about 3.5 years, said the study's au-

thors — Aidan Hollis of the University of Calgary's Department of Economics and Paul Grootendorst from the University of Toronto's Faculty of Pharmacy.

NDP health critic Megan Leslie said the report shows a failure of leadership on the part of the Conservative government.

Why keep supporting "Big Pharma?" she asked in the Commons.

Van Loan said the issue is still being negotiated.

"We can tell you with sound assurance that this government will only enter an agreement that is in Canada's best interests."

THE CANADIAN PRESS

## Higher. Power



► Church of the Universe founders Rev. Michael Baldasaro, right, and Rev. Brother Walter Tucker has lost a bid to be exempted from marijuana laws on religious grounds.

TOM HANSON/THE CANADIAN PRESS

## Religious pot hopes up in smoke

The Church of the Universe argues the law infringes on their freedom of religion rights under the charter. Justice Thea Herman ruled against the church yesterday. The constitutional challenge came in the case of two church members charged with trafficking. Peter Styrsky and Shahrooz Kharaghani allegedly sold pot to undercover officers in 2006. The case is back in court Feb. 21.

## Egypt tries to defuse protesters

Egypt's regime announced a 15 per cent raise for government employees yesterday.

It's an attempt to calm anger among protesters calling for President Hosni Mubarak's resignation.

THE ASSOCIATED PRESS

## New world country

In less than six months, Southern Sudan will become its own country.

Referendum results show 98.8 per cent of the ballots cast were for secession from Sudan's north.

The move follows two decades of war between the largely Muslim north and Christian rebels in the south. THE ASSOCIATED PRESS

## Carnival rocked by blaze

Workers in Rio de Janeiro watched in tears yesterday as firefighters tried to control a fire that destroyed many costumes and floats.

The cause is being investigated, a fire-department spokesman said.

THE ASSOCIATED PRESS

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# NO REASON TO BE BLUE ON VALENTINE'S DAY

## She says ...

### JESSICA NAPIER



Every year, Feb. 14 is a day for single people to be bitter and miserable, couples to disappoint one another (carnations!) and Ashton Kutcher to star in yet another awful romantic comedy.

**B**ut I have a secret. As predictable as it is, I love Valentine's Day. I know, I know, it's not cool to like Valentine's Day; you want me to be cynical and write a spiteful speech about a Hallmark holiday that reeks of cheap wine and desperate consumerism, but you know what, I won't.

My enduring affection towards Valentine's Day is my secret shame. It is the romantic cliché I hate to love.

Most people think of this heart-shaped date as a manufactured milestone between Christmas and Easter; a three-way conspiracy between greeting card companies, florists and Tiffany & Co.

Maybe they're right. But like Ralph Wiggum before me, I *choo choo choose* to embrace this saccharin sweet tradition and its cinnamon heart stench.

There are countless reasons to hate Valentine's Day, especially if you're single and don't like to be reminded of it. Smug couples sitting on the same side of the booth enjoying candlelit dinners across the city is enough to make anyone gag. But it isn't all

prix fixe menus and overpriced floral arrangements.

The 14th of February can be a date to love, even if you're dateless. It's a rosy pink bright spot in the middle of a very gloomy and frigid, albeit short, month. V-Day gives you an excuse to watch bad movies, listen to cheesy love ballads and wear pink and red together without judgment.

And so what if the only kisses you get are from Hershey's?

Unlike Christmas and Easter, Feb. 14 is a day devoted to overindulgent behaviour without the religious undertones to make you feel guilty about spending too much money and

eating tons of candy.

Seriously people, how could you hate a tradition that inspired conversation hearts? UR A HUNK ... NO THANKS ... FAX ME! Those funny and flirtatious edibles have been making us swoon since 1902 (yeah, I looked it up).

So I say, lighten up your bad attitude toward this misunderstood day and embrace it for what it is — an opportunity for over-the-top displays of affection directed towards the ones you love. And while you may not have a significant other, you probably have a number of pretty significant someones who would just love to hear UR GR8.



Read more of Jessica Napier's columns at [metronews.ca/shesays](http://metronews.ca/shesays)

## Cartoon

MICHAEL DE ADLER

# The buzz on buzzwords

## ARM'S LENGTH (TO STEPHEN HARPER)



### Letters & Tweets

We asked: What buzzword would you like to see banned?

**@sarcasmandtoast:** "Eco-friendly" — just because it doesn't spew poison and run on endangered bird eggs doesn't necessarily make it green.  
**@bandercot:** anything that we can attribute to Sarah Palin.

**@robfreeman1130:** Game changer. Can't stand it! Most of the time there's no game to change!  
**@judnivenvo:** how about "having said that" and "guru (of any kind)."  
**@adam\_weitner\_pr:** social media guru.  
**@URBANERMEZEI:** I believe "There's an app for that" should be stricken from

### Cold hard cash



the records.  
**@cyrusrayne:** Revolutionary and magical. A certain computer company named after a fruit has beaten both into oblivion.  
**@deadlytoque:** Oh god "actionable." Also "incentivize" and "dialogue" (as a verb; dialogue as a noun is fine).  
**@frodo87:** "Moving

forward." My least favourite phrase in human history.  
**@ari\_ospeedwagon:** Please legislate against the following (punishable by castration): "optics" and "at the end of the day." Thank you.  
**@NEXXUS455:** OMG!  
**@mitch985:** I'd be happy if I never heard "cold hard cash" ever again.

### What is your favourite podcast?

Email [vancouverletters@metronews.ca](mailto:vancouverletters@metronews.ca)  
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## Metro Minute at Mozart opera

Wolfgang Amadeus Mozart's final opera will be presented by the Vancouver Opera for the first time. *La Clemenza di Tito* (The Clemency of Titus) was composed in July 1791, the final year of Mozart's life.

He accepted and wrote *La Clemenza di Tito* in just 18 days. Although it was written in a short period of

time, the work is not considered lesser to other contemporary masterpieces. It is performed in Italian with English surtitles.

Vancouver Opera's performance runs tonight at 7:30 at the Queen Elizabeth Theatre (Georgia and Hamilton streets). Tickets range from \$23 to \$184.

Visit [vancouveropera.ca](http://vancouveropera.ca) for more info. ● SUNHO CHOI



► Wendy Nielsen, left, as Vitellia and Krisztina Szabo as Sesto star in the Vancouver Opera's production of *La Clemenza di Tito*.

COURTESY OF TIM MATHESON

CONTRIBUTED BY VOLKSWAGEN



► In this screen shot provided by Volkswagen, Darth Vader uses the Force on a 2012 Volkswagen Passat, in a 2011 Super Bowl XLV commercial.

# Will the real ad winner please stand up?

► Car companies take the advertising cake for Super Bowl XLV ► General Motors had five ads for Chevrolet

In the Super Bowl of advertising, Justin Bieber replaced Ozzy Osbourne and Joan Rivers became a GoDaddy girl. But a pair of commercials by automakers took the online buzz trophy.

A two-minute ad for Chrysler starring Eminem and a Volkswagen ad featuring a mini-Darth Vader that went viral before it even aired were two of the most talked-about spots during advertising's big night, Super Bowl XLV.

The mini-Darth Vader ad had 13 million views before the game started.

Chrysler was one of nine automakers that took advantage of advertising's biggest and most expensive showcase, at \$3 million for 30 seconds, trying to show they're back after two tough

**"This is the Motor City and this is what we do."**

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years. The cinematic third-quarter Chrysler ad, the big story of the night, starred Eminem driving through Detroit and introduced a new car, the Chrysler 200 sedan, amid gritty scenes of the city. A voiceover talks about how the city has survived going through "hell and back."

"This is the Motor City and this is what we do," Eminem says.

"It was a very risky commercial, but it scored very well with our panel" that rates the ads, said Tim Calkins, Clinical Professor of Marketing at the Kellogg School of Management.

Elsewhere, celebrities and humour dominated. A scantily clad Kim Kardashian broke up with her trainer for Skechers, Roseanne Barr took a big hit from a log in a Snickers ad and comedian Joan Rivers, her head at least, became a GoDaddy girl.

According to the USA Today Super Bowl Ad Meter, the best-scoring ads featured dogs: A Doritos ad that showed a man taunting a dog and getting smashed under a glass door, and a Bud Light ad that showed dogs catering a party.

The newspaper uses a panel of viewers who rate the commercials as they watch them. Some ads drew criticism for having humour in poor taste.

THE ASSOCIATED PRESS

## FREEDOM FIFTY BUCKS

## Unlocking cellphone freedom

Telus will begin offering a service to unlock mobile phones that use SIM cards, a trend in the wireless industry that allows consumers to use the devices on other carriers' networks.

The telecom company said yesterday that starting on Feb. 15 its customers will be able to

pay \$50 to have their mobile phones unlocked.

"We know that people want the flexibility to use their phones as they see fit," said Brent Johnston, vice-president of mobility solutions at Telus.

Customers on long-term contracts, usually smartphone users, will be able to get their phones unlocked if they've had the device for a minimum of 90 days. Consumers could then buy SIM cards for other networks.

THE CANADIAN PRESS

## Market moment

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2  
scene

## Scene in brief



The View co-host Sherri Shepherd has answered a call from a higher power — The Gospel Music Association.

Shepherd will host The Dove Awards and she says fans can expect "a hot night of Godly music and comedy" at Christian Music's annual celebration of voices raised in faith.

The comedian and actress is a Daytime Emmy winner for her work on The View and the host of The New-lywed Game.

THE ASSOCIATED PRESS



New Elvis Costello tour dusts of his Spectacular Spinning Songbook



MATT SAYLES/THE ASSOCIATED PRESS

► Elton John provided the soundtrack and was an executive producer for Gnomeo and Juliet.

# Busy Elton finds time to laugh at himself

► Singer says Gnomeo and Juliet isn't a political allegory, but its message is important



NED  
EHRBAR

SCENE@METRONEWS.CA

METRO WORLD NEWS IN LOS ANGELES

Sir Elton John is not, he would like to make it clear, planning on performing for Prince William's wedding to Kate Middleton in April.

"I don't know Kate and William," he says. "I'd made a joke that I'd probably be busking outside, but as far as I know I don't think so. No, it'll probably be someone like Barry Manilow — someone

younger and more attractive."

Besides, he's got enough on his plate with the recent arrival of he and husband David Furnish's first son, Zachary, and the release of Gnomeo and Juliet, the film on which he serves as executive producer and for which he provided the soundtrack.

While he doesn't voice any of the characters in Gnomeo and Juliet, John does pop up on screen — in a sense. As dim-witted suitor Paris (voiced by Stephen Merchant) serenades Juliet

**"There I am, Glam Gnome, the Gnomosexual."**

ELTON JOHN

with John's classic Your Song, he morphs into a gnome version of the glam singer himself.

"There I am, Glam Gnome, the Gnomosexual," he says with a laugh. "I lost it when I saw that. It's very important if you're British to take the piss out of yourself. I think you're raised to do that in England, which is rather good."

The star-crossed gnomes of the movie's title belong to neighbouring — and warring — red and blue camps, but John insists audience shouldn't read too much political allegory into it, despite how the red state/blue state battles in the U.S. may have heated up recently.

"We started the film 11 years ago, and if we'd had the foresight to do that, I'd say we're f—ing geniuses," he says. "But I do feel as though there is a message in this film. We spend so much time hating each

other because our parents tell us that's what we have to do."

Gnomes or no gnomes, John's own feelings about gardens are a bit ... conflicted.

"I grew up at my grandmother's house and it was a beautiful garden, but I used to hate mowing the lawn and weeding, which is what you do when you're a kid," he explains. "I loathed it and I loathed gardening, but I have two beautiful gardens. I cannot bear gardening, but I love gardens."

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► Kirsten Vangsness plays technical analyst Penelope Garcia on *Criminal Minds*, now in its sixth season.

## Criminal style, colourful career

**NED EHRBAR**  
SCENE@METRONews.CA  
METRO WORLD NEWS IN LOS ANGELES

A veteran theatre actress, California native Kirsten Vangsness got her first big television break in 2005 with *Criminal Minds*, the FBI procedural on which she plays eccentric, and eccentrically dressed, technical analyst Penelope Garcia.

She spoke with Metro about wardrobe choices, watching herself on screen and picking up guest stars at the gym.

**Where did your character's eccentric wardrobe come from?**

I dress a little odd, and I think they thought, "Oh, you can kind of pull that off." If you look at the first couple of episodes of the show, it was pretty calm, and then it gets crazier because she can kind of pull it off and we have good fun. Definitely it's the costume designer. I can pull it off because in real life, I am perfectly comfortable wearing stuff like this.

**You've had some great guest stars playing psychopaths on the show, like Tim Curry.**

Speaking of Tim Curry, he was at my gym and I was working out one day — this is really how this happened — I'm working out, doing something horrible, I don't know, involving my abdominal muscles, and I hear, "I

worship at your throne." (laughs) And I'm like, "I know that voice," and I look up and it's Tim Curry. He's like, "I'm Tim. I want to be on that show," and I was like, "Okay ..." And I go to work and I'm like, "Tim Curry wants to be on our show." And they're all, "What? Oh, my God!" I see him at the gym now all the time. He calls me his agent. And it is the weirdest thing. There's Tim Curry, doing his bicep curls or something.

**Do the scripts leave much room for improvisation?**

I know how she talks, so I'll go to them and be like, "I want to do this instead of this," but now they're really used to it. So we do a nice little exchange of stuff. I get to do a lot more because I'm in that room by myself, so no one is relying on me. I think collectively when we work on a scene, like a group scene, these are the lines on the page, and then as you're going along, you sort of get massaged into this thing. "You take this line, I'm going to take this line" and "This makes more sense." There's not a lot of ego.

**The show's been going for six years now. How long do you ideally see it going?**

As long as it feels fun and as long as these people are here with me to do it. That's my answer.

## Perry seeks happiness in sitcom *Mr. Sunshine*

► New ABC comedy brings back an old 'Friend' ► Show looks at the hijinks behind a San Diego sports arena ► Perry spent two years developing show

On his new ABC sitcom, *Mr. Sunshine*, Matthew Perry plays a chap whose life is clouded.

He plays Ben Donovan, the manager of a big San Diego sports arena, the Sunshine Center, which hosts a variety of attractions. "Every night, 17,505 people come here expecting to have a good time," Ben declares. "And I make sure they do."

But there are also a host of attendant wacky problems. On the series premiere (Wednesday at 9:30 p.m. ET), the circus is booked, but the ice from the previous night's hockey game isn't melting. Oh, and an elephant is lost in the building.

Meanwhile, Ben has hit his 40th birthday. It's a wake-up call. Suddenly, he sees he isn't as happy as he had thought.

"He's a solipsistic, self-centred man," says Perry. "But his eyes get opened a little bit, and he realizes that the ticket to being happy and having some kind of inner peace in his life is to stop thinking about himself all the time, and maybe think about his fellow man."

With Ben at its, well, heart, *Mr. Sunshine* will deal with his blundering efforts to transform himself into someone more caring and willing to commit.

Ben is joined by a crew of zanies at the Sunshine Center, most notably his boss, Crystal, the arena's erratic and highly inappropriate owner, who is played by Allison Janney (*The West Wing*).

Janney, says Perry with a sly grin, "is up for anything. One of the character traits she chose for Crystal



► Matthew Perry stars in *Mr. Sunshine*.

is ... to slap me across the face. That became a running gag."

The cast also includes Andrea Anders, James Lesure and Nate Torrence, with Jorge Garcia (*Lost*) in a recurring role as a poker-faced maintenance worker.

In first confronting Ben, a viewer will likely draw comparisons with Chandler Bing, the character Perry played on his landmark comedy, *Friends*.

"Ben is a little bit more beaten down by life," says Perry. "Chandler was very high-energy, sort of bouncing off the walls. This guy is a little more grown-up."

But Chandler grew up through the 10 seasons of *Friends*. At first romantically challenged (and covering up his insecurities with self-targeted quips), an older, wiser Chandler was happily wed to fellow friend Monica (Courteney Cox) by the series' end in 2004.

Maybe Ben Donovan can look forward to similar personal growth amid the chaos of *Mr. Sunshine*.

But he's also got a job to do — *Mr. Sunshine* is, after all, a workplace comedy, where Ben has a comic function similar to Chandler's, cracking wise about the madness that surrounds him.

The Sunshine Center can provide him lots of material.

"When you're trying to think of somewhere to set a comedy, you want a place where a lot of funny things can happen," Perry notes. "If you go online and look at an events list at a place like Madison Square Garden or Staples Center, you'll be amazed at what's happening on the nights that aren't the big-ticket nights — things like lingerie football and cat shows and bizarre religious leaders."

The idea for *Mr. Sunshine* was Perry's, and he shares the show-running task and participates in writing, among his many duties.

"I thought it'd be an interesting challenge to be at the creative centre of a show," he says.

Perry says he's been developing *Mr. Sunshine* for nearly two years.

"I've learned how much goes into making a television show, and there's a lot more than I thought."

"In my early 20s," Perry, 41, recalls, "I was mostly thinking about myself. I thought the first day of a project was the table read. I thought, 'Well, I'm here, so this must be the first day' — not knowing that a whole year of development, of driving across town to meetings, had taken place."

THE ASSOCIATED PRESS

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# A WINTER GAMES ANNIVERSARY

# share the spirit!



Think back to when the streets overflowed with cheering people dressed in red and white, singing O Canada and high-fiving until it hurt.

Now get ready to do it again as we celebrate the first anniversary of our Vancouver 2010 Olympic and Paralympic Winter Games.

**On Saturday, February 12, Vancouver is celebrating all day with these events!**

## 1 Robson Square

9 am - 11 pm

Free skating, music and entertainment all day. Complimentary admission to the Vancouver Art Gallery from 10 am - 5 pm.

Hosted by the Province of BC.

## 2011 CIBC LunarFest

3 - 11 pm (4 - 11 pm ongoing)

World's first Lantern Aquarium, February 3 - 13 at the Vancouver Art Gallery. Make your own lantern and join the procession at 6:30 pm.

Hosted by the Asian-Canadian Special Events Association and the Public Dreams Society.

## 2 Creekside

### Community Recreation Centre

11 am - 3 pm

Free family event with Winter Games-themed activities including a sledge hockey race and 2010 memorabilia.

Hosted by the Board of Parks and Recreation at 1 Athletes Way.

## 3 Let's Celebrate One Year since the Vancouver 2010 Games!

11 am

Inukshuk sculpture unveiling and reception including crafts for the kids and free cake. Dress in your Canada clothes and bring your red mitts!

Hosted by the Kerrisdale Community Centre at 5851 West Boulevard.



## 4 Relive Centre Ice on Granville Street

12 noon - 9 pm

Activities on Granville Street between Smith and Dunsmuir including buskers and street hockey. 2010 Winter Games highlights will be broadcast by CTV.

Hosted by the Downtown Vancouver Business Improvement Association.

## 5 2010... All Over Again! Golden Memories

1:30 - 4:30 pm

Be sure to wear your red and white to skate for half price. Other activities include dry floor curling, winter games on the Wii and having your picture taken with one of the Olympic torches.

Hosted by the West End Community Centre at Denman and Haro Street.

## 6 Jack Poole Plaza Cauldron Lighting

4 pm

First anniversary of the official lighting of the Olympic Cauldron.

Hosted by the Province of BC.

## 7 Illuminate Yaletown

5:59 - 10:30 pm

Entertainment-filled street party on February 11 - 12 featuring spectacular light installations from local artists. Mainland and Hamilton Street, between Drake and Nelson Street.

Hosted by the Yaletown Business Improvement Association.

## 8 Light up CPR Train Engine 374

6 - 10 pm

On February 11 - 12, help transform Engine 374 at the Roundhouse into a constellation of thousands of tiny lights! Build your own 'light throwie' from a battery, an LED and a magnet.

Hosted by the Roundhouse Community Centre at Davie and Pacific Street.

**For more details on events, visit:**  
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TUESDAY, FEBRUARY 8, 2011

# Beckhams set for baby girl: Report

► With David and Victoria's daughter on the horizon, three boys in Beckham clan will finally get a sister

FRAZER HARRISON/GETTY IMAGES



► David and Victoria Beckham

After three sons, David and Victoria Beckham are reportedly welcoming a daughter, according to the Sun.

"David and Victoria are

over the moon. This will be their last child and to be told they are having a girl is the icing on the cake for the Beckham clan," a source says. "Victoria is 36 and

David is thinking about life after retirement. For them, with a sister for their boys — who are growing up fast — this is the perfect family." **• METRO**

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► Feb. 6 to 12 is Eating Disorder Awareness Week.

# Eating disorders affecting all ages

► Estimated that 600,000 women across Canada have bulimia ► 300,000 have anorexia



**CELIA MILNE**  
LIFE@METRONEWS.CA

Anicka Novak started dieting at age 14. She was a shy, socially anxious, fearful girl who had been teased about her weight.

"The one thing I could control was my food and my body image," she told Metro. "I found a doctor who prescribed diet pills and that was like magic for me. That was the start of my eating disorder."

Novak flipped and flopped between anorexia and bulimia for an almost unimaginable 36 years. Finally, at age 50, she went for help. "By then the eating disorder had devastated me. I knew if I didn't

take control of it, I was going to die."

For Novak (not her real name), who is now 58, recovery meant dealing not just with her eating disorder, but also coming to grips with her fears and phobias. It is estimated that 600,000 women in Canada have bulimia and 300,000 have anorexia, and the numbers are on the rise.

People with eating disorders often have other mental illnesses, such as substance addiction, problem gambling or sexual addiction. Bellwood Health Services, a Toronto mental health clinic, reports that 52 per cent of their eating disorder clients are also treated for an addiction.

**"The eating disorder had devastated me. I knew if I didn't take control of it, I was going to die"**

ANICKA NOVAK

"People with eating disorders and substance addictions both do so for the same reason — to soothe distressing feelings, to deal with shame, anger, fear and loneliness," says Susan McGrail, clinical director of Bellwood.

Novak urges women and men of all ages to come forward for help. Feb. 6 to 12 is Eating Disorder Awareness Week.

While anorexia is usual-

ly more obvious because the sufferer is very thin, bulimia (the cycle of bingeing and purging) is often hidden.

"Bulimia is very common in middle-aged women. It is your little secret."

The illness is associated with serious health problems such as dental decay, stomach problems, kidney damage and even death.

The Internet is a double-edged sword, says McGrail, offering valuable information but also providing a sinister means for people with eating disorders to enable each other.

"Recovery is possible through quality treatment and counseling, education and support," she says.

## Myths

Susan McGrail, clinical director of Bellwood Health Services, busts three myths about eating disorders.

- **Only females have eating disorders.** Research shows that while men represent a lower percentage, the number of men struggling with eating disorders is on the rise.
- **Eating disorders only occur in young people.** Women and men of all ages can struggle with an eating disorder.
- **People with eating disorders are always skinny.** A large proportion are a normal weight or overweight.

# 3

life

## The signs



Signs of the various eating disorders:

### ANOREXIA

- Dieting excessively when not overweight
- Excuses for not eating
- Significant weight loss

### BULIMIA

- Excessive concern about weight
- Strict diet followed by bingeing
- Purging

CELIA MILNE



It's a big world after all: Obesity rates have doubled in last 3 decades, study says

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## An all new hot yoga

► The five best moves to re-energize your body and rev up your love life

DAILY SQUEEZE

## DAILY SQUEEZE

## ASIA NELSON

ASIA NELSON IS A CERTIFIED ADVANCED YOGA INSTRUCTOR AND DIRECTOR OF PRANALIFE YOGA IN KITCHENER, ONT. SHE IS ALSO A CONTRIBUTING EXPERT ON DAILY SQUEEZE.CA.

Great sex starts with a relaxed, fit body — and yoga can improve your performance in the bedroom.

But whether you're single or in a relationship, there's no time like the present to get your body in super-sexy shape. To help, here are five moves that give new meaning to hot yoga.

## Tolasana

The core strength from this move takes standard sex to "H.D." as in, "hot damn."

Seated, cross your ankles and hug knees to chest. Keep your thighs glued to your chest, unhug and place your hands by your hips. Exhale and lift your butt off the floor. Hold for five deep breaths. Use yoga blocks under your hands if your arms seem too short. For a more advanced pose, try lifting your feet off the floor.

## Deep squat

This pose is a must for strength and stamina. Stand slightly fan-footed, feet a bit wider than shoulder-width. Squat until your hips are parallel to your knees. Set your elbows



► Yoga can be good for improving your performance in bed.

against your inner knees and lower your tailbone toward the floor.

If this is too difficult, stay in the initial squat position and work on leg strength while curling your tailbone under, breathing deeply in and out.

## Half-bridge pumps

Essential for hot booty and thrust power. Lie on your back and plant your feet close to your fingers with your arms on the floor at your sides. Curl your tailbone toward your navel — the secret is in the tilt — and lift your hips as you exhale. Inhale and lower your hips almost to the floor.

Do 10 as a good start, 20 for good stamina, and 40 if you want to be better than good.

## Dolphin Plank

This pose is especially great for guys — think six-pack abs and stamina.



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From hands and knees, set your forearms on the floor, elbows under shoulders.

Extend your legs straight while keeping heels, hips and shoulders in straight line.

Engage your core while keeping back flat, looking forward. Hold for 30 seconds, building up to two minutes.

## Downward Dog

The Big Daddy of poses, it pairs hamstring and low back flexibility with upper body strength. From hands and knees, curl your toes under and lift your hips to the sky.

Avoid straining your hamstrings, and bend your knees slightly.

Hold the pose as though you're about to slide your hands back with straight legs. This will ignite your core and take pressure out of your shoulders.

Stay still for five to 10 deep breaths.

Find more healthy news at DailySqueeze.ca.

# New deli serves up classic Italian faves

► Owners of La Quercia do it again with La Ghianda

## LUNCH RUSH

ERIN IRELAND

FOOD@METRONews.CA

A stint in Italy experiencing the pasta-loving nation's famed food had me identifying with the eight out of 10 Italians under the age of 30 who still live at home with their mamma, no doubt, enjoying her delicious cooking.

Luckily for Point Grey residents, La Ghianda, a new Northern Italian deli by the owners of nearby La Quercia, is open for business and serves the real deal. That would be: fresh, simple, delicious fare.

My two-egg Gorgonzola omelette (\$10), served with an almost-doughy house-made ciabatta bread, was



► The Gorgonzola omelette at La Ghianda.

unembellished, perfectly salted, and extra cheesy — the x-factor.

Bursting with natural juices and a strong lemony anchovy flavour were grilled zucchini slices on the side and a creamy textured eggplant (cooked the

same) with kalamata olives in a pungent tomato sauce.

► **La Ghianda**  
2083 Alma St.  
604-566-9559  
laghianda.ca  
Rating: 4 out of 5

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► Steve &amp; Kellie

## THE BATTLE IN THE HOUSEHOLD

### Smug Marrieds

**ANGELA PACIENZA & DEREK CHEZZI**

2FORCOUPLES.COM

TWITTER: @SMUGMARRIEDS



**It's a constant battle in our home: My partner thinks she does more work in our house and relationship than I do. Everything is a competition with her. What to do?**

though there's more of a balance (even if you're not really changing much). Encourage her to go out for a manicure or a movie night with girlfriends.

#### Angela says ...

If you're a two-income household, it's not fair for one person to shoulder the majority of the household upkeep. Put yourself in her shoes for a minute to figure out where she's coming from. Is she really burdened with an unfair share? Or is it that you find time to play hockey with your friends while she's home alone? You may simply need to find ways to make her feel as

#### Derek says...

She might be taking jabs at your endless complaints about being tired. Secretly start a scorecard of relationship responsibilities and check off who does what in your home. If it looks like you're slacking, pitch in. After all, you don't want to enter a competition you can't win. But if you're coming out on top, it's time to discuss rewards for the winner.

## BLUES PAVE THE PATH FOR LOVE

**Names:**  
Steve, 26, and Kellie, 22  
**Hometown:**  
Calgary  
**Together since:**  
2009

### Their story:

Steve and I (Kellie) met during a weekend of volunteering at the Calgary Blues Fest in August of 2009.

I had been checking him out all weekend, but hadn't approached him since I had to head back to Edmonton for my last year of university later that

month.

Thank goodness he broke the ice and spoke to me on the last night of the festival.

We've been happily dating ever since — long distance and all! I'm now back in Calgary but I'm currently preparing for a solo travel adventure to Africa.

Although I'll be halfway around the world, Steve will be on my mind and in my heart — and I can't wait to continue our adventure together when I return!

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# Some food for thought

## ON MONEY

ALISON GRIFFITHS  
MONEY@METRONEWS.CA



The voice of doom is focusing on the housing industry of late.

David Madani of Capital Economics and Gluskin Sheff & Associates chief economist David Rosenberg are predicting a 25 per cent drop in Canadian housing prices over the next three years.

What's a poor homeowner to do? I know. Get defensive and get rid of that mortgage quickly.

If it is shopping that's keeping you from being mortgage free, there's now the possibility of a cure, according to five experiments into eating (yes, eating)

### Money matters

2006/2010

- ▶ Per cent of Households with a mortgage: 34%/34%
- ▶ Avg. Mortgage Balance: \$105,000/\$143,000
- ▶ Per cent with fixed rates: 71%/68%
- ▶ Per cent with variable rates: 29%/32%

Source: Ipsos Reid, Canadian Financial Monitor

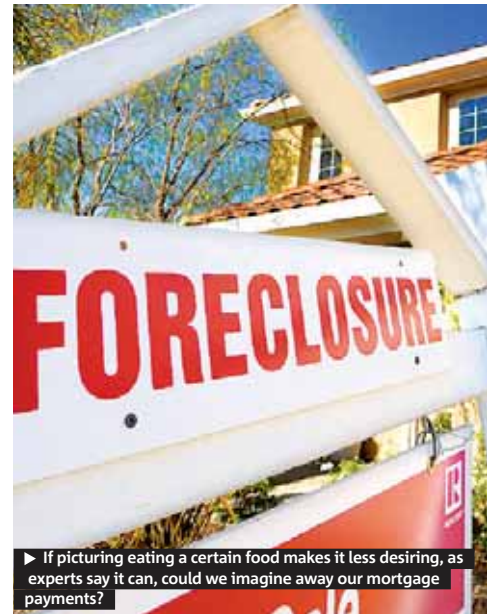
published in December by Science Magazine.

"People who repeatedly imagined eating a food (such as cheese) many times, subsequently consumed less of the imagined food." The studies concluded, "They did so because they desired to eat it less, not because they considered it less palatable."

The findings got me thinking about shopping. What if, instead of plunking down good hard cash for that awesome 56-inch plasma home theatre set-up you've been lusting after, you set up a daily regime of imagining that you were buying it. Pretty soon you wouldn't even want it.

Instead of mall trolling with friends, we could hunker down for a cosy afternoon together imagining we were buying things. I'd guess the shopping dampening effect would be heightened if we could coordinate our imaginings. I can also envision, with a little modification, a role for the latest gaming systems. What about virtual shopping? That ought to cut the desire to shop down to just about zero.

For those who have difficulty imagining buying things, we could train shopping hypnotists. Before we know it "mortgage" would become one of those quaint words of the past.



▶ If picturing eating a certain food makes it less desiring, as experts say it can, could we imagine away our mortgage payments?

# TUESDAYS

**ALL-NEW**

**RICK MERCER REPORT**

**8pm**

**ARMED AND RIDICULOUS.**

— Team Leader  
**Alex Cranston**

— The Boss  
**Peter McNeil**

— Agent  
**Benjamin Wudu**

— Agent  
**Burt Wilton**

— Agent  
**Jo-Jo Kwan**

— Agent  
**Claude LeSage**

# InSecurity

**ALL-NEW**

## 8:30pm

cbc.ca

**Tonight**

CBC

# Are you a risk taker?

► Our quiz will tell you about your investment style — fearless gambler, worrier, or something in between



**DUNCAN  
MCALLISTER**  
LIFE@METRONEWS.CA

Everyone has a different risk tolerance profile when it comes to personal investments. Take our little quiz to see which category you fit into.

**1. Suppose you unexpectedly inherited \$20,000 to invest. You would:**

A. Deposit it in a savings account or money market fund.

B. Invest it in high-quality bonds or mutual funds.

C. Invest it in a portfolio of common stocks.

**2. Given the opportunity to participate in a new venture that could pay up to 100 times your investment, but has only a 20% chance of success, how much would you invest?**

A. Nothing.

B. One month's salary.

C. Six month's salary.

**3. When choosing a new financial investment, you always:**

A. Enlist the services of a Certified Financial Planner for investment advice.

B. Do some research of your own over the Internet.

C. Flip a coin.

**4. When you lose money on an investment, your reaction is...**

A. I don't suffer losses because my investments are always low-risk.

B. I feel guilty and take it personally.

C. It's just the cost of doing business.

**5. When it comes to your personal investments, when you hear the word "risk", you immediately think:**

A. I could lose some money.

B. There is a degree of uncertainty, but I'm OK with that.

C. Here is an opportunity to make some cash.

**6. My attitude toward savings is:**

A. I always put away a certain percentage of my salary every month.

B. I try to save whenever I can.

C. I don't see any reason to save.

**7. If you had assumed a fair degree of risk in your portfolio, you:**

A. Would have trouble sleeping at night

B. Wouldn't lose sleep unless things started going south.

C. Would sleep like a baby — it wouldn't bother you at all.

**8. If you had the chance to enter a poker tournament:**

A. You wouldn't play, since you couldn't tolerate losing.

B. Play, but you would place low-stakes bets.

C. When playing, you would bet everything you had.

**Scoring**

Add up your score to see

what kind of risk taker you are.

**Mostly A's — Conservative.**

As a conservative investor, you are risk adverse and don't feel comfortable speculating on the market. You tend towards safer, long-term positions and will always recruit the advice of an investment planner. Safer investments would include a portfolio of Guaranteed Investment Certificates (GICs), Canada Savings Bonds (CSBs), T-bills and money market funds.

**Mostly B's — Middle of the Road**

As a "middle-of-the-road" investor, you tend not to take risks you feel are out of your reach. You would select an asset mix with a balance of growth as well as safety. You feel comfortable placing your own trades online and follow the markets. Suitable investments would include a mixture of equities and fixed-income as well as mutual funds and precious metals.

**Mostly C's — Maverick.**

You have a gambler personality when it comes to investing. You believe you can spot new opportunities and capitalize on them. You prefer more speculative, short-term products like new ventures, technology start-ups and mining stocks. Although risk takers make far better returns statistically, it may come with a lot of stress, too.



## It's not hard to learn about investing

**How to become an astute investor**

**Get Help:** A financial planner can help you decide on the right asset mix and tailor a portfolio for your level of risk tolerance as well as provide suggestions for your long-term and short-term growth. James Hymas, portfolio manager at Hymas Investment Management Inc., in Toronto advises would-be investors that, "In this uncertain world, investors are better advised to construct a diversified portfolio that, in the long run, guards

against all eventualities: common stocks, particularly resource stocks, to guard against the risk of inflation; bonds, particularly longer-term bonds, to guard against the risk of absence of inflation."

**Do your Homework:**

Use the Internet to locate research materials and market information about your holdings (See sidebar). Learn to read a balance sheet and stock charts as well as the basic fundamentals such as Earnings Per Share (EPS) and Price/Earnings (PE) ratio.

**Take a Course:** Most universities and community colleges offer beginner courses on investment and financial planning. As well, some banks and investment firms will present regular informational seminars for their clients.

**Be Disciplined:** Don't invest any more than you can afford to lose. The desire to take risks increases greatly during a winning streak, so it's important to keep a cool head and not get caught up in the euphoria of a fast market.

● DUNCAN MCALLISTER

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# RRSP rules can work for you

► With some advice maximise your RRSP ► You may be able to invest your severance ► A financial advisor can help

The concept of Registered Retirement Savings Plans (RRSPs) is fairly simple. You put money in, get an immediate tax deduction each year up to your annual contribution limit, and your money grows in a tax-deferred environment.

"Canadians are increasingly aware of the importance of setting and working towards personal financial goals," said Victor Dodig, executive vice-president of retail distribution and wealth management at CIBC.

"An effective RRSP strategy also includes taking advantage of all the options available to you to maximize the power and potential of your RRSP," said Debbie Ammeter, a retirement planning expert at Investors Group.

"These options can include the retiring allowance, pension adjustment reversal and

RRSP beneficiary designation."

"One of the easiest ways to make saving for retirement a priority is to set up a regular investment plan. As smaller contributions are often easier to make on an ongoing basis, a regular investment plan starts to work for you right away by moving you closer toward your goals with each contribution while compounding interest, dividends or investment growth," said Dodig.

When you leave a company pension plan or deferred profit sharing plan, you will receive a pension adjustment reversal (PAR) if the total value of your past pension adjustments exceeds the benefit you receive out of the plan.

The PAR restores lost RRSP contribution room and, if you have changed employers in the last year, getting professional advice on your potential

PAR-room can pay off, Ammeter noted.

"Having a conversation with a financial advisor is the first step toward realizing your goals. It's an opportunity to talk about

what matters to you and how you can work toward your goals by taking a holistic view of your financial picture," said Dodig.

NEWS CANADA, WITH FILES FROM JON TATTRIE



► RRSPs: Never the wrong time to get started.



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4  
sports

## Quoted



**"I have a lot of feelings going on. I think I'm frustrated, mostly,"**

BOSTON BRUINS CENTRE MARC SAVARD, WHO ANNOUNCED YESTERDAY THAT HE WOULD MISS THE REST OF THE SEASON DUE TO HIS SECOND CONCUSSION IN LESS THAN A YEAR.

**"It's tough to understand why this happened. It will take time and patience, those two things I don't feel like I have much of."**

# Canucks keep on chugging

- ▶ Canucks now have four-point cushion over Flyers for first place in NHL
- ▶ Samuelsson has 11 points in last six games after 14 game goal drought

DARRYL DYCK/THE CANADIAN PRESS



▶ Senator Jason Spezza, from left, Canuck Dan Hamhuis and Ottawa's Daniel Alfredsson reach for the puck during the first period last night.

Mikael Samuelsson is making up for a recent scoring slump.

The winger scored two goals, including the winner, and added an assist last night as the Vancouver Canucks beat the Ottawa Senators 4-2 for their sixth straight victory.

Samuelsson's goal at 2:12 of the second period gave Vancouver a 3-0 lead. He then added a second goal with Senators goalie Brian Elliott lifted for a sixth attacker as Ottawa pressed for the tying goal.

Alex Burrows and Ryan Kesler also scored for Van-



couver in the first.

Nick Foligno and Jason Spezza drew the Senators to within a goal in the second period.

Despite the loss, the struggling Senators showed some fight against the NHL's top team. They outshot the Canucks 12-5 in the first period, but lost their tenth straight and fell to 17-29-8.

Burrows and Kesler scored one minute 10 seconds apart in an opening period dominated by the Senators.

Burrows took Henrik Sedin's pass in traffic and reached across Elliott's crease to push the puck past the netminder's stick.

Kesler scored his team-

leading 31st goal on Vancouver's fifth and last shot of the period. He came down the right wing and blasted a puck off the post, then scored on a shot off the left wing that deflected past Elliott off a defender.

Kesler played architect for Samuelsson's goal that gave Vancouver a 3-0 lead.

He broke his stick on a clearing attempt, kicked the puck to Mason Raymond, got a stick from the bench, took Raymond's return pass and fed Samuelsson for a tap-in.

THE CANADIAN PRESS

## Emery signs up with Ducks

Ray Emery is taking the next step in his bid to return to the NHL.

The Anaheim Ducks have signed the goaltender to a two-way contract.

He will be assigned to the Syracuse Crunch of the American Hockey League, but must clear waivers first.

The 28-year-old netminder has been out of hockey for more than a year after undergoing hip surgery.

Emery was diagnosed with avascular necrosis, a disease where the interruption of blood supply causes bone tissue to die.

In 163 career NHL regular-season games, Emery posted an 87-51-15 record with a 2.70 goals-against average. He hasn't played since Feb. 1, 2010.

THE CANADIAN PRESS

## Forsberg held up by paperwork

Peter Forsberg has joined the Colorado Avalanche on the road. When he plays will depend on how quickly he can clear up a few immigration issues.

Forsberg signed for the rest of the season on Sunday and was in the team's morning skate yesterday, but wasn't expected to play against the Phoenix. Forsberg said he had to leave the country to clear up his immigration status.

THE CANADIAN PRESS

## 3B Young wants out of Texas

Michael Young has asked the Texas Rangers to trade him. General manager Jon Daniels says the AL champions are willing to accommodate that request though "nothing is imminent."

THE ASSOCIATED PRESS

## Titans name new head coach

The Tennessee Titans have hired Mike Munchak as the franchise's 16th head coach, deciding to promote from within to replace Jeff Fisher.

It will be Munchak's first head coaching job.

THE ASSOCIATED PRESS

## Game sets new ratings record

### 5.3

Per cent increase over last year's ratings in Canada. The introduction of a new measuring system in September 2009 has seen sports TV ratings skyrocket.

For the second year in a row, the Super Bowl has set a record for American television viewing.

The Nielsen Co. said yesterday that an estimated 111-million people watched the Green Bay Packers outlast the Pittsburgh Steelers in professional football's ultimate game. That tops the 106.5 million who watched

the 2010 game between New Orleans and Indianapolis.

The series finale of MASH had held the title of the most-watched TV show in the United States for 27 years. It is now No. 3.

The Canadian ratings were also strong. According to preliminary overnight data from BBM Canada, an

estimated 7.3-million people watched on CTV and RDS. It was the most-watched television broadcast in this country since the 2010 Winter Olympics, CTV said in a release.

Peak television ratings had more than 80 per cent of Canadians watching the men's hockey final.

THE ASSOCIATED PRESS



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## NATIONAL HOCKEY LEAGUE

## EASTERN CONFERENCE

|                | GP | W  | L  | OTL | SL | GF  | GA  | Pts | Home      | Away      | Last 10 | Strk |
|----------------|----|----|----|-----|----|-----|-----|-----|-----------|-----------|---------|------|
| d-Philadelphia | 53 | 35 | 13 | 2   | 3  | 180 | 137 | 75  | 18-7-0-2  | 17-6-2-1  | 8-2-0-0 | W2   |
| d-Tampa Bay    | 54 | 33 | 16 | 3   | 2  | 164 | 162 | 71  | 18-5-1-1  | 15-11-2-1 | 7-3-0-0 | W1   |
| d-Boston       | 53 | 30 | 16 | 2   | 5  | 161 | 119 | 67  | 14-10-1-2 | 16-6-1-3  | 6-4-0-0 | L1   |
| Pittsburgh     | 54 | 34 | 16 | 2   | 2  | 164 | 122 | 72  | 19-9-1-0  | 15-7-1-2  | 8-2-0-0 | L1   |
| Washington     | 54 | 29 | 15 | 5   | 5  | 150 | 134 | 68  | 17-5-2-5  | 12-10-3-0 | 5-2-1-2 | W2   |
| Montreal       | 54 | 30 | 19 | 4   | 1  | 139 | 131 | 65  | 18-7-3-1  | 12-12-1-0 | 6-2-1-1 | L1   |
| NY Rangers     | 56 | 29 | 23 | 2   | 2  | 155 | 138 | 62  | 12-12-1-2 | 17-11-1-0 | 3-6-0-1 | L5   |
| Carolina       | 53 | 26 | 21 | 2   | 4  | 159 | 164 | 58  | 14-9-1-1  | 12-12-1-3 | 5-5-0-0 | W1   |
| Atlanta        | 56 | 24 | 22 | 4   | 6  | 162 | 183 | 58  | 12-11-1-4 | 12-11-3-2 | 2-5-1-2 | L4   |
| Buffalo        | 51 | 24 | 22 | 5   | 0  | 145 | 149 | 53  | 12-12-1-0 | 12-10-4-0 | 6-4-0-0 | W1   |
| Florida        | 52 | 23 | 23 | 2   | 4  | 140 | 141 | 52  | 11-8-2-3  | 12-15-0-1 | 3-3-1-3 | W1   |
| Toronto        | 53 | 22 | 26 | 2   | 3  | 138 | 166 | 49  | 13-7-1-2  | 9-15-0-1  | 4-5-0-1 | W1   |
| New Jersey     | 53 | 19 | 30 | 3   | 1  | 113 | 154 | 42  | 10-13-2-1 | 9-17-0-1  | 7-1-2-0 | W1   |
| Ottawa         | 54 | 17 | 29 | 5   | 3  | 119 | 178 | 42  | 9-15-2-2  | 8-14-3-1  | 0-8-1-1 | L10  |
| NY Islanders   | 52 | 17 | 28 | 3   | 4  | 128 | 169 | 41  | 9-12-1-3  | 8-16-2-1  | 4-6-0-0 | W1   |

## WESTERN CONFERENCE

|             | GP | W  | L  | OTL | SL | GF  | GA  | Pts | Home      | Away      | Last 10 | Strk |
|-------------|----|----|----|-----|----|-----|-----|-----|-----------|-----------|---------|------|
| d-Vancouver | 54 | 35 | 10 | 4   | 5  | 183 | 127 | 79  | 19-7-1-1  | 16-7-3-1  | 6-1-1-2 | W6   |
| d-Detroit   | 53 | 32 | 15 | 4   | 2  | 176 | 156 | 70  | 16-7-3-1  | 16-8-1-1  | 5-4-0-1 | W1   |
| d-Dallas    | 53 | 30 | 18 | 1   | 4  | 152 | 150 | 65  | 16-7-1-3  | 14-11-0-1 | 5-5-0-0 | L3   |
| Nashville   | 54 | 28 | 19 | 4   | 3  | 141 | 129 | 63  | 12-5-3-3  | 16-14-1-0 | 4-5-0-1 | L1   |
| Phoenix     | 55 | 27 | 19 | 6   | 3  | 156 | 156 | 63  | 12-10-3-2 | 15-9-3-1  | 4-6-0-0 | W2   |
| San Jose    | 53 | 28 | 19 | 4   | 2  | 150 | 144 | 62  | 13-10-2-1 | 15-9-2-1  | 7-2-0-1 | W3   |
| Anaheim     | 54 | 29 | 21 | 2   | 2  | 146 | 150 | 62  | 17-8-0-1  | 12-13-2-1 | 7-3-0-0 | W1   |
| Calgary     | 55 | 27 | 21 | 2   | 5  | 157 | 161 | 61  | 15-9-0-2  | 12-12-2-3 | 7-1-1-1 | W1   |
| Los Angeles | 53 | 29 | 22 | 1   | 1  | 150 | 129 | 60  | 17-9-1-0  | 12-13-0-1 | 6-3-0-0 | W2   |
| Minnesota   | 52 | 27 | 20 | 1   | 4  | 135 | 138 | 59  | 12-11-0-2 | 15-14-0-1 | 6-4-0-0 | L1   |
| Chicago     | 53 | 27 | 22 | 2   | 2  | 168 | 150 | 58  | 16-13-0-0 | 11-9-2-2  | 5-4-0-1 | L2   |
| Colorado    | 53 | 25 | 22 | 6   | 0  | 164 | 175 | 56  | 14-13-3-0 | 11-9-3-0  | 3-7-0-0 | L4   |
| Columbus    | 52 | 25 | 22 | 3   | 2  | 141 | 162 | 55  | 13-12-0-1 | 12-10-3-1 | 5-3-1-1 | W2   |
| St. Louis   | 51 | 23 | 20 | 4   | 4  | 138 | 153 | 54  | 16-8-1-2  | 7-12-3-2  | 3-5-2-0 | L1   |
| San Jose    | 53 | 16 | 29 | 1   | 7  | 133 | 180 | 40  | 7-14-1-3  | 9-15-1-3  | 2-7-0-1 | W1   |

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

## Last night's results

Calgary 3 Chicago 1  
Edmonton 4 Nashville 0  
Toronto 5 Atlanta 4  
Vancouver 4 Ottawa 2  
Detroit 3 N.Y. Rangers 2  
Phoenix 3 Colorado 0  
Sunday's results  
New Jersey 4 Montreal 1

## MAPLE LEAFS 5, THRASHERS 4

## First Period

1. Atlanta, Kane 14 (Little, Bogosian) 2:39 pp  
2. Atlanta, Byfuglien 17 (Bogosian, Peverley) 16:14 (pp)

**Penalties** — Kessel Tor (hooking) 1:04, Komisarek Tor (interference) 9:34, Ladd Atl (cross-checking) 10:29, Versteeg Tor (slashing) 12:57, Phaneuf Tor (cross-checking) 14:18, Bozak Tor (hooking) 15:54, Komisarek Tor (tripping) 18:58.

## Second Period

3. Toronto, Phaneuf 2 (Grabovski, Kulemin) 1:21  
4. Toronto, Grabovski 22 (MacArthur, Kabele) 4:06 (pp)

5. Atlanta, Antropov 10 (Stewart) 4:45  
6. Toronto, MacArthur 17 (Kabele, Versteeg) 15:37

**Penalties** — Stapleton Atl (hooking) 2:03, Thorburn Atl (delay of game) 2:07, Grabovski Tor (tripping) 10:20.

## Third Period

7. Toronto, Kulemin 19 (unassisted) 4:17  
8. Toronto, Brent 7 (Grabb, Armstrong) 9:28  
9. Atlanta, Ladd 17 (Peverley, Little) 11:01

**Penalty** — Peverley Atl (hooking) 19:22.

## Shots

Atlanta 18 7 9-34  
Toronto 11 10 11-32

**Goal** — Atlanta: Pavelek (L, 17-15-8); Toronto: Giguere (W, 11-9-3). **Power plays (goals-chances)** — Atlanta 2-7; Toronto 1-4.

**Referees** — Dennis LaRue, Chris Lee. **Linesmen** — Brad Goulet, Lonnie Cameron.

**Attendance** — 19,104 (18,819) at Toronto.

## OILERS 4, PREDATORS 0

## First Period

1. Edmonton, Cogliano 8 (Eberle, Hall) 14:27

**Penalties** — None.

## Second Period

2. Edmonton, Jones 12 (Fraser, Reddix) 14:23

**Penalties** — Foster Edm (hooking) 1:59, Goc

Tampa Bay 4 St. Louis 3 (OT)  
Washington 3 Pittsburgh 0

**Tonight's games**  
Carolina at New Jersey 7 p.m.  
Toronto at N.Y. Islanders, 7 p.m.  
Columbus at Pittsburgh, 7 p.m.  
San Jose at Washington, 7 p.m.  
Buffalo at Tampa Bay, 7:30 p.m.  
St. Louis at Florida, 7:30 p.m.

Nash (tripping) 7:41, Jones Edm (hooking) 11:03, Petry Edm (delay of game) 16:38, Rinne Nash (holding; served by Sullivan) 17:54.

## Third Period

3. Edmonton, Eberle 10 (Vandermeer, Cogliano) 4:35

4. Edmonton, Penner 18 (Hemsky) 6:58

**Penalties** — Penner Edm (slashing) 10:47, Vandermeer Edm (holding) 16:26.

## Shots

Edmonton 6 11 5-22  
Nashville 16 6 15-37

**Goal** (shots-saves) — Edmonton: Dubnyk (W, 6-5-6); Nashville: Rinne (L, 18-14-5) (20-16), Lindback (6-58) (tripping) 2-2. **Power plays (goals-chances)** — Edmonton 0-2; Nashville: 0-5.

**Referees** — Gord Dwyer, Mike Leggo.

**Linesmen** — Scott Driscoll, Don Henderson.

**Att.** — 14,388 (17,113) at Nashville, Tenn.

## FLAMES 3, BLACKHAWKS 1

## First Period

1. Calgary, Backlund 7 (Bouma, Pardy) 14:33

**Penalty** — Kane Chi (hooking) 15:27.

## Second Period

2. Chicago, Kane 15 (Toews, Brouwer) 5:56

**Penalties** — Sarich Cal (roughing) 8:05, Regehr Cal (interference) 11:03, Stalberg Chi (tripping) 15:20, Sarich Cal (clipping) 19:31.

## Third Period

3. Calgary, Glenross 14 (Jokinen, Reghr) 8:37

4. Calgary, Bourque 16 (Jokinen, Igina) 19:35 (en, pp)

**Penalties** — Tangway Cal (holding stick) 8:56, Sharp Chi (goaltender interference) 13:00, Seabrook Chi (unsportsmanlike conduct) 18:46.

## Shots

Chicago 3 11 9-23  
Calgary 10 11 7-28

**Goal** — Chicago: Crawford (L, 16-11-2); Calgary: Kiprusoff (W, 23-18-3). **Power plays (goals-chances)** — Chicago: 0-4; Calgary: 1-4.

**Referees** — Francois St-Laurent, Kelly Suther-

land. **Linesmen** — Jay eSharrers, Greg Devorski. **Att.** — 19,289 (19,289) at Calgary.

## CANUCKS 4, SENATORS 2

## First Period

1. Vancouver, Burrows 14 (H.Sedin, Ehrhoff) 8:50

2. Vancouver, Kesler 31 (Raymond, Samuelsson) 10:00

**Penalties** — Rome Vcr (delay of game) 3:18, Burrows Vcr (slashing) 13:40, Neil Ott (fighting), Rome Vcr (instigating, fighting, misconduct) 16:53.

## Second Period

3. Vancouver, Samuelsson 12 (Kesler, Raymond) 2:12

4. Ottawa, Foligno 9 (Spezza, Alfredsson) 5:30

5. Ottawa, Spezza 10 (Phillips) 7:17

**Penalties** — Vancouver bench (too many men; served by Torres) 13:42, Phillips Ott (interference) 16:39, Alberts Vcr (slashing) 20:00.

## Third Period

6. Vancouver, Samuelsson 13 (Raymond) 19:28 (en)

**Penalties** — Foligno Ott (tripping) 6:23, Fisher Ott (slashing) 9:04.

## Shots

Ottawa 12 10 11-33  
Vancouver 5 13 12-30

**Goal** — Ottawa: Elliott (L, 12-19-7); Vancouver: Luongo (W, 26-8-7). **Power plays (goals-chances)** — Ottawa: 0-4; Vancouver: 0-3.

**Referees** — Eric Furlatt, Chris Rooney. **Linesmen** — Shane Heyer, Brad Lazarowich.

**Att.** — 18,860 (18,860) at Vancouver.

## TRANSACTIONS

## MLB

## AMERICAN LEAGUE

DETROIT TIGERS—Agreed to terms with RHP Lester Oliveros, RHP Jose Ortega, RHP Bryan Villarreal, LHP Duane Below, LHP Phil Coke, LHP Charlie Furbush, 1B-OF Ryan Strieby and INF Andy Ciriaco on one-year contracts.

## NATIONAL LEAGUE

HOUSTON ASTROS—Agreed to terms with OF Jason Bourgeois and RHP Aneury Rodriguez on one-year contracts.

LOS ANGELES DODGERS—Agreed to terms with INF Aaron Miles on a minor league contract.

NEW YORK METS—Named Brad Address strength and conditioning coach.

## NBA

HOUSTON ROCKETS—Recalled G Ishmael Smith from Rio Grande Valley (NBADL).

PHILADELPHIA 76ERS—Recalled F Craig Brackins from Springfield (NBADL).

TORONTO RAPTORS—Signed G Trey Johnson to a second 10-day contract. Women's National Basketball Association

WASHINGTON MYSTICS—Signed G Maurita Reid.

## NFL

CAROLINA PANTHERS—Named Joe Kenn strength and conditioning coach.

JACKSONVILLE JAGUARS—Released OT Jordan Black. Signed C Bradley Vierling.

PHILADELPHIA EAGLES—Named Mike Caldwell linebackers coach and Michael Zordich secondary/safeties coach.

TENNESSEE TITANS—Named Mike Munchak coach. Canadian Football League

EDMONTON Eskimos—Signed WR Chris Bauman.

## NHL

ATLANTA THRASHERS—Reassigned G Edward Pasquale from Chicago (AHL) to Gwinnett (ECHL).

BOSTON BRUINS—Recalled F Jordan Caron from Providence (AHL).

ST. LOUIS BLUES—Assigned G Ben Bishop to St. Louis (AHL).

TAMPA BAY LIGHTNING—Reassigned G Jaroslav Janus from Norfolk (AHL) to Florida (ECHL).

VANCOUVER CANUCKS—Voided the reassignment of D Lee Sweatt to Manitoba (AHL).

## NFL

## SUPER BOWL XLV

## Sunday's result

At Arlington, Texas  
Green Bay (NFC) 31 Pittsburgh (AFC) 25

## SUNDAY

## PACKERS 31, STEELERS 25

Green Bay 10 7 0 8 —25  
Pittsburgh 0 10 7 0 10 —31

## First Quarter

GB—Nelson 29 pass from Rodgers (Crosby kick), 3:44.  
GB—Collins 37 interception return (Crosby kick), 3:20.

## Second Quarter

Pgh—FC Suisham 33, 11:08.  
GB—Jennings 21 pass from Rodgers (Crosby kick), 2:24.

Pgh—Ward 8 pass from Roethlisberger (Suisham kick), 0:39.

## Third Quarter

Pgh—Mendenhall 8 run (Suisham kick), 10:19.

## Fourth Quarter

GB—Jennings 8 pass from Rodgers (Crosby kick), 11:57.

Pgh—Wallace 25 pass from Roethlisberger (Randle El run), 7:34.

GB—FG Crosby 23, 2:07.

**Attendance**—103,219 at Arlington, Texas.

## TEAM STATISTICS

First downs 19 15  
Total Net Yards 387 338

Rushes-yards 23-126 13-50  
Passing 261 288

Punt Returns 4-5 1-0  
Kickoff Returns 6-11 3-63

Interceptions Ret. 0-0 2-38  
Comp-Att-Int 25-40-2 24-39-0

Sacked-Yards Lost 1-2 3-16  
Punts 3-51.0 6-40.5

Fumbles-Lost 1-1 1-0  
Penalties-Yards 6-55 7-67

Comp-Att-Int 33-25 26-35

**INDIVIDUAL STATISTICS**  
**RUSHING**—Pittsburgh, Mendenhall 14-63, Roethlisberger 4-31, Redman 2-19, Moore 3-13.

**PASSING**—Pittsburgh, Roethlisberger 25-40-2-263. Green Bay, Rodgers 24-39-0-304.

**RECEIVING**—Pittsburgh, Wallace 9-89, Ward 7-78, Randle El 2-50, Sanders 2-17, Miller 2-12, Spaeth 1-9. Mendenhall 1-7, Brown 1-1.

Green Bay, Nelson 9-140, J. Jones 5-50, Jennings 4-64, Driver 2-28, Jackson 1-14, Quarles 1-5, Hall 1-2, Crabtree 1-1.

**MISSIED FIELD GOAL**—Pittsburgh, Suisham 52 (W.L.).

## SUPER BOWL CHAMPIONS

2011 — Green Bay Packers  
2010 — New Orleans Saints

2009 — Pittsburgh Steelers

2008 — N.Y. Giants

2007 — Indianapolis Colts

2006 — Pittsburgh Steelers

2005 — New England Patriots

2004 — New England Patriots

2003 — Tampa Bay Buccaneers

2002 — New England Patriots

2001 — Baltimore Ravens

2000 — St. Louis Rams

1999 — Denver Broncos

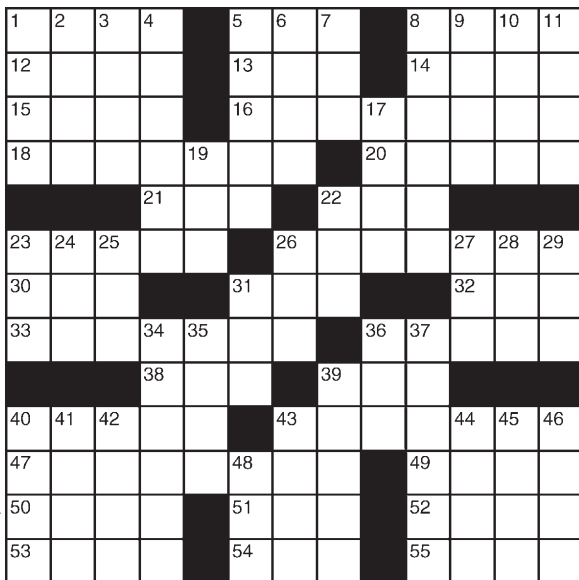
## CURLING

## ONTARIO TANKARD CHAMPIONSHIP

## Crossword

## Across

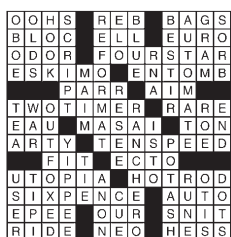
1 Grand story  
5 XXXII quintupled  
8 Pond organism  
12 Wealthy  
13 Boxer Muhammad  
14 Adolescent  
15 Old portico  
16 Home aquarium  
18 Shirt style  
20 Third rock from the Sun  
21 Anonymous Richard  
22 Lobbying org.  
23 English composition  
26 Sarge in military slang  
30 Before  
31 Dine  
32 Female deer  
33 Fight with both fists and feet  
36 Johnny Mathis classic  
38 Under the weather  
39 Bronze  
40 — Saxon  
43 Grandstand location  
47 Strap in a car  
49 Desire  
50 Hardy cabbage  
51 Wish undone  
52 Property claim  
53 Luminary  
54 Jewel  
55 Criterion  
**Down**  
1 Formerly, formerly  
2 Pocket bread  
3 PC picture  
4 Energy point, in  
yoga  
5 Actor Willem  
6 Paper fastener  
7 Greek consonants  
8 Charge  
9 Mad Shakespearean king  
10 Courteous bloke  
11 Egyptian cross  
17 Jalopy  
19 Plaything  
22 Burst  
23 "A mouse!"  
24 — Lanka  
25 Moment  
26 Monkey suit



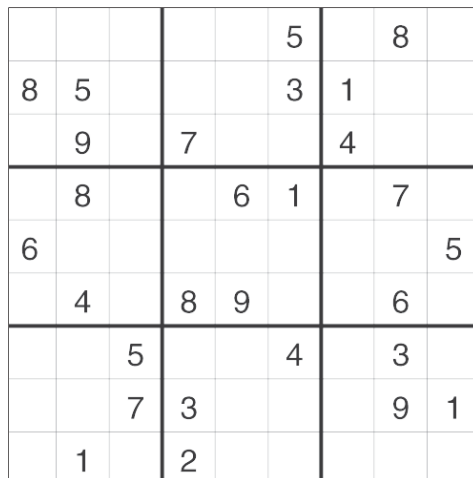
27 Driver's lic. et al.  
28 Barracks bed  
29 Lock opener  
31 ... —, la, ti, do  
34 Off — (askew)  
35 Amorphous mass  
36 Upper limit, for short  
37 Injury additive?  
39 Clan emblem  
40 Requests  
41 Tidy  
42 Big party  
43 Despondent  
44 Great Lake  
45 Quite some time

46 Campers' shelter  
48 Work unit

## Yesterday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's answer

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 1 | 9 | 5 | 4 | 7 | 3 | 2 | 6 | 8 |
| 7 | 8 | 3 | 2 | 5 | 6 | 4 | 1 | 9 |
| 6 | 4 | 2 | 8 | 1 | 9 | 3 | 7 | 5 |
| 5 | 7 | 4 | 6 | 8 | 1 | 9 | 3 | 2 |
| 8 | 3 | 6 | 9 | 2 | 7 | 5 | 4 | 1 |
| 9 | 2 | 1 | 3 | 4 | 5 | 7 | 8 | 6 |
| 2 | 5 | 8 | 7 | 6 | 4 | 1 | 9 | 3 |
| 3 | 6 | 7 | 1 | 9 | 2 | 8 | 5 | 4 |
| 4 | 1 | 9 | 5 | 3 | 8 | 6 | 2 | 7 |

## Send a KISS

Show some love! Send a note to somebody special at [kiss@metronews.ca](mailto:kiss@metronews.ca)

Zach, I love you more than words can explain. I'm sorry for anything and everything. All I want is for it all to be better. You're my best friend and you mean the world to me. I'm sorry and I love you, J

Beautiful Green Eyes. You're the only one in all Universes! My love for you will never die. The reason for this, I know why. You're a true Angel... Hi :) Trust in my heart, I'll never lie. ART HEART

To Gwendolyn, You make my day shine brighter than the sun, I can't stop thinking about you. I'm sorry for what I did. I hope you can forgive me. LOVE GUILLERMO

Bo lile, 6 yrs flew by loving you unconditionally & I cant wait to spend another 60 yrs with you. You have made my life so exciting! ALWAYS YOURS, GINA

## Today's horoscope

**♈ Aries** March 21-April 20 You think you are the only one who knows what is going on. But before you go spreading your conspiracy theory, it might be wise to wait a while. New information will put everything into perspective.

**♉ Taurus** April 21-May 21 If you are the kind of Taurus who gets involved in causes to make the world a better place, you will enjoy yourself immensely today.

**♊ Gemini** May 22-June 21 Both in your personal life and at work, you will go out of your way to help people in need today. However, watch out for individuals who trick you into thinking they need assistance when really they are just lazy.

**♋ Cancer** June 22-July 22 You have known for some time that you need to get serious about your money situation. What happens today will force you to save. You also need to find new sources of income.

**♌ Leo** July 23-Aug. 23 Make a special effort to get your message across to loved ones. Is there something you have been wanting to say but for one reason or another never got around to? Say it today, and watch faces light up.

**♍ Virgo** Aug. 24-Sept. 22 Give your imagination permission to roam today and don't reject ideas just because they seem too outrageous to ever come true. You have the power to make things happen.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

**♎ Libra** Sept. 23-Oct. 23 Don't worry if others say you are acting irrationally. What they mean is that they don't understand you. That's not a bad thing. The last thing you want is for others to be able to predict your next move.

**♏ Scorpio** Oct. 24-Nov. 22 You don't have to do anything special or go anywhere new to attract good things today. Just stay right where you are and they will find you.

**♐ Sagittarius** Nov. 23-Dec. 21 If you reach for the biggest prize, you can make it yours with ease. You have so much talent and so much potential, and it's about time you did something with it. Make it something great.

**♑ Capricorn** Dec. 22-Jan. 20 Social and travels plans are under excellent stars, so get out. You don't have to ask anyone's permission to set off on a new adventure.

**♒ Aquarius** Jan. 21-Feb. 18 There is nothing you like more than a challenge and today you will be pushed to your limits, and maybe beyond. The more others say you are aiming too high the more determined you will be.

**♓ Pisces** Feb. 19-March 20 Every thought you have affects what happens to you in the future. Your mind really does create your reality. Think about that, then resolve to be more positive in your outlook.

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## Caption contest



## WIN! You write it!

Write a funny caption for the image to the right and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.



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(604) 463-2231

**Westgate Shopping Mall**  
(604) 460-6527

**NEW WESTMINSTER**  
Unit #104 - 1065 Columbia St.  
(604) 524-1100

**NORTH VANCOUVER**  
Capilano Mall  
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**1661 Lonsdale Ave.**  
(604) 580-7291

**PORTR COQUITLAM**  
Prairie Mall  
(604) 552-3316

**Shaughnessy Station**  
(604) 941-2423

**RICHMOND**  
192-8180 No. 2 Rd.  
(604) 275-6848

**SURREY**  
Clover Square Village  
(604) 574-6341

**Evergreen**  
(604) 581-2287

**Peninsula Village Shopping Centre**  
(604) 535-8828

**101-7175 138 St.**  
(604) 599-8880

**8112 - 120 St.**  
(604) 599-0099

**TSANWASSEN**  
Bayside Shopping Centre  
(604) 943-9940

**VANCOUVER**  
2097 W. Broadway  
(604) 676-7015

**2696 E. Hastings St.**  
(604) 554-9555

**1027 W. 15th Ave.**  
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